

Ov. Pos	Chip Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time	Lap 1 Time	F Pos	M Pos	Cat Pos	Team Pos
1	1	23	MATT BOND	M	SEN	SALE HARRIERS MANCHESTER	1:56:09	1:56:09	1:13:41		1	1	1
2	2	17	DANIEL BIRD	M	SEN	SWINTON RUNNING CLUB	2:04:00	2:03:59	1:18:03		2	2	1
3	3	105	TOM GRADY	M	SEN	HEREFORD COURIERS	2:04:24	2:04:24			3	3	1
4	4	107	ROB GRANTHAM	M	V40	PENSBY RUNNERS	2:05:41	2:05:41	1:18:04		4	1	1
5	5	313	ANTHONY TAYLOR	M	V40	U/A	2:07:01	2:07:01	1:18:03		5	2	
6	6	15	MATT BERRY	M	SEN	TRAFFORD ATHLETIC CLUB	2:15:03	2:15:02	1:26:21		6	4	1
7	7	289	ROBERT WESTON	M	SEN	MANCHESTER HARRIERS & AC	2:17:45	2:17:40	1:26:03		7	5	1
8	8	93	TONY FLANAGAN	M	V50	SWINTON RUNNING CLUB	2:17:55	2:17:54	1:26:14		8	1	2
9	9	145	DARREN JENNESS	M	V45	U/A	2:17:55	2:17:54	1:28:06		9	1	
10	10	247	CHRISTOPHER SMALL	M	SEN	TRAFFORD ATHLETIC CLUB	2:18:02	2:18:00	1:26:14		10	6	2
11	11	309	MATTHEW LATHAM	M	SEN	HYDE VILLAGE STRIDERS	2:19:00	2:18:59	1:26:45		11	7	1
12	12	111	DAN GRUNDY	M	V40	VEGAN RUNNERS UK	2:19:21	2:19:20	1:27:42		12	3	1
13	13	129	BENN HEYWOOD	M	SEN	BURY AC	2:19:54	2:19:54	1:30:09		13	8	1
14	14	32	ROBBIE CAMPBELL	M	V45	WIDNES RUNNING CLUB	2:20:37	2:20:35	1:27:39		14	2	1
15	15	176	STEPHEN MCCARRON	M	V40	U/A	2:20:52	2:20:51	1:34:58		15	4	
16	16	33	JAMES CARVELLO	M	SEN	ROUNDHAY RUNNERS	2:21:05	2:21:03	1:30:10		16	9	1
17	17	99	KEVAN GARNER	M	V50	STOCKPORT HARRIERS	2:22:06	2:22:03	1:28:08		17	2	1
18	18	79	BYRON EDWARDS	M	V40	BURY AC	2:22:24	2:22:24	1:30:09		18	5	2
19	19	5	PETER ARMSTRONG	M	SEN	DARLINGTON HARRIERS	2:22:30	2:22:28	1:30:10		19	10	1
20	20	70	KEVIN DEMPSEY	M	V40	VEGAN RUNNERS UK	2:22:40	2:22:37	1:28:36		20	6	2
21	21	46	MARK COLLIER	M	V40	DAVENPORT RUNNERS	2:23:08	2:22:58	1:30:25		21	7	1
22	22	60	PAUL CURTIS	M	SEN	DOCKSIDE RUNNERS	2:26:02	2:26:00	1:31:32		22	11	1
23	23	183	MARK MILLNS	M	SEN	EAST CHESHIRE HARRIERS	2:28:21	2:28:18	1:30:54		23	12	1
24	24	55	IAN CRONSHAW	M	SEN	SWINTON RUNNING CLUB	2:28:55	2:28:54	1:32:44		24	13	3
25	25	150	RICHARD KENNAUGH	M	V50	U/A	2:29:12	2:29:09	1:38:32		25	3	
26	26	24	SHAUN BONSER	M	SEN	MOSSLEY AFC RUNNING CLUB	2:32:01	2:31:58	1:37:48		26	14	1
27	27	108	CHRIS GRIEVE	M	SEN	SWINTON RUNNING CLUB	2:33:10	2:33:08	1:37:36		27	15	4
28	28	76	ANDREW DOWDESWELL	M	SEN	WIDNES RUNNING CLUB	2:34:18	2:34:16	1:32:34		28	16	2
29	30	106	LISA GRANTHAM	F	V40	PENSBY RUNNERS	2:35:43	2:35:42		1		1	1
30	29	195	ANTHONY MOTT	M	V40	STAINLAND LIONS	2:35:58	2:35:38			29	8	1
31	31	96	ANDY FOWLER	M	V45	STOCKPORT HARRIERS	2:36:14	2:36:04	1:40:29		30	3	2
32	32	141	JIM HYNES	M	V45	U/A	2:36:44	2:36:17	1:38:36		31	4	

33	33	162	HARRY LITTLE	M	SEN	U/A	2:37:15	2:37:11	1:40:47		32	17	
34	34	308	LEE PARTINGTON	M	SEN	WIGAN PHOENIX	2:37:29	2:37:22	1:39:57		33	18	1
35	35	186	REBECCA MILLS	F	SEN	SWINTON RUNNING CLUB	2:37:52	2:37:48	1:42:24	2		1	1
36	36	80	MARK EGERTON	M	SEN	MOSSLEY AFC RUNNING CLUB	2:38:09	2:38:05	1:37:48		34	19	2
37	37	228	PAUL RILEY	M	V45	PENNY LANE STRIDERS	2:38:19	2:38:16	1:40:59		35	5	1
38	38	304	CRAIG WORLEY	M	V45	KIPPAX HARRIERS	2:38:28	2:38:24	1:42:06		36	6	1
39	39	6	PAUL ATKINSON	M	V40	VEGAN RUNNERS UK	2:38:47	2:38:44			37	9	3
40	40	257	PERRY STANLEY	M	V50	U/A	2:39:11	2:39:09	1:32:28		38	4	
41	41	39	GARETH CHEW	M	SEN	MOSSLEY AFC RUNNING CLUB	2:39:23	2:39:19	1:42:57		39	20	3
42	42	220	ADRIAN PRIESTLEY	M	V40	U/A	2:39:32	2:39:28	1:40:32		40	10	
43	43	34	COLIN CAVANAGH	M	V50	U/A	2:39:37	2:39:32	1:42:25		41	5	
44	45	177	DANIEL MCDERMOTT	M	V40	HYDE VILLAGE STRIDERS	2:39:46	2:39:43	1:42:08		42	11	2
45	44	199	MICHAEL NELSON	M	SEN	U/A	2:40:03	2:39:36	1:42:40		43	21	
46	46	277	DAVID VAUGHAN	M	SEN	ALTRINCHAM AND DISTRICT ATHLETICS CLUB	2:40:48	2:40:42	1:42:10		44	22	1
47	47	14	ANDY BENNETT	M	SEN	U/A	2:41:30	2:41:26	1:42:46		45	23	
48	48	281	JOHN WAITING	M	SEN	MARPLE RUNNERS	2:41:53	2:41:49	1:43:00		46	24	1
49	49	265	ALICE TAYLOR	F	SEN	MARPLE RUNNERS	2:42:04	2:42:00	1:43:00	3		2	1
50	50	130	ARON HINDS	M	SEN	HYDE PARK HARRIERS	2:42:35	2:42:30	1:46:12		47	25	1
51	51	181	JONATHON MELLOR	M	V40	SWINTON RUNNING CLUB	2:42:47	2:42:36	1:42:01		48	12	5
52	52	36	MICHAEL CHALONER	M	SEN	VEGAN RUNNERS UK	2:42:50	2:42:47	1:41:06		49	26	4
53	53	50	PAUL CORNER	M	V45	STOCKPORT HARRIERS	2:42:56	2:42:48	1:41:55		50	7	3
54	54	180	GAVIN MELIA	M	SEN	PENNY LANE STRIDERS	2:43:14	2:43:11	1:43:43		51	27	2
55	55	156	ERIKA LAMB	F	V45	WARRINGTON RUNNING CLUB	2:43:31	2:43:21	1:42:38	4		1	1
56	56	29	JAMIE BRIGGS	M	SEN	HYDE VILLAGE STRIDERS	2:44:01	2:43:58	1:44:41		52	28	3
57	57	310	STUART NIXON	M	SEN	U/A	2:44:29	2:44:15	1:44:59		53	29	
58	58	159	STEPHEN LEE	M	V45	MOSSLEY AFC RUNNING CLUB	2:44:32	2:44:28	1:45:13		54	8	4
59	59	267	JOHN THOMPSON	M	V40	U/A	2:44:39	2:44:32	1:46:16		55	13	
60	60	233	MARK ROGERSON	M	V45	U/A	2:44:51	2:44:46	1:45:37		56	9	
61	62	283	CHRIS WALLS	M	SEN	U/A	2:45:17	2:44:57	2:45:18		57	30	
62	61	223	JOSH READ	M	SEN	U/A	2:45:23	2:44:56	1:42:04		58	31	
63	63	110	LEE GRINT	M	V45	HYDE VILLAGE STRIDERS	2:45:28	2:45:10	1:45:43		59	10	4
64	64	167	JAMES LOVE	M	V45	ASTLEY AND TYLDESLEY ROAD RUNNERS	2:45:48	2:45:45	1:43:58		60	11	1
65	65	306	JENNY YATES	F	V50	BURY AC	2:46:10	2:46:03	1:46:53	5		1	1

66	67	103	MATTHEW GIVEN	M	SEN	MARPLE RUNNERS	2:46:24	2:46:20	1:43:00	61	32	2
67	66	62	CLAYTON CUTTER	M	SEN	STAINLAND LIONS	2:46:32	2:46:10	1:42:33	62	33	2
68	68	311	MICHAEL CROFT	M	SEN	U/A	2:46:51	2:46:51		63	34	
69	69	252	STEPHEN SMITH	M	SEN	U/A	2:47:25	2:47:08	1:42:39	64	35	
70	70	259	MICHELA STEPTO	F	V50	STOCKPORT HARRIERS	2:48:14	2:48:06	1:45:39	6	2	1
71	71	127	PHIL HEAWORD	M	SEN	BRAMHALL RUNNERS	2:48:33	2:48:22	1:44:59	65	36	1
72	72	253	ALAN SNELSON	M	V40	U/A	2:48:43	2:48:35	1:44:51	66	14	
73	73	94	SUSAN FLETCHER	F	V40	ASTLEY AND TYLDESLEY ROAD RUNNERS	2:49:04	2:49:02	1:47:09	7	2	1
74	74	42	MARTIN CIDERSPILLER	M	SEN	MANCHESTER VEGAN RUNNERS	2:49:48	2:49:46	1:45:50	67	37	1
75	75	218	ADAM POTTS	M	V45	U/A	2:50:04	2:50:03	1:43:39	68	12	
76	76	286	TIM WATERS	M	V50	WIGAN PHOENIX	2:50:23	2:50:16	1:45:19	69	6	2
77	78	31	THOMAS CALLAGHAN	M	V45	U/A	2:50:27	2:50:19	1:46:21	70	13	
78	77	138	CRAIG HORRELL	M	SEN	PRESTWICH AC	2:50:27	2:50:17	1:46:58	71	38	1
79	79	124	VICTORIA HEALEY	F	V40	GOYT VALLEY STRIDERS	2:50:49	2:50:32	1:45:57	8	3	1
80	80	291	PETER WHELAN	M	V40	U/A	2:51:33	2:51:24	1:50:31	72	15	
81	81	226	STELLA REYNOLDS	F	V45	WARRINGTON RUNNING CLUB	2:52:06	2:51:56	1:48:05	9	2	2
82	82	266	TRACEY TAYLOR	F	SEN	SALE HARRIERS MANCHESTER	2:52:07	2:52:04	1:51:27	10	3	1
83	83	194	STEVE MOSS	M	V55	TEESDALE AC	2:52:54	2:52:38	1:48:25	73	1	1
84	84	296	APRIL WILKINSON	F	SEN	WARRINGTON RUNNING CLUB	2:53:05	2:52:51	1:49:57	11	4	3
85	85	166	ANNE MARIE LORD	F	V50	OLDHAM AND ROYTON HARRIERS	2:53:25	2:53:11	1:49:34	12	3	1
86	86	25	ANDREA BOOTH	F	V40	POYNTON RUNNERS	2:53:37	2:53:31	1:49:42	13	4	1
87	87	234	KATIE SAMUELSON	F	SEN	CAMBRIDGE & COLERIDGE AC	2:53:42	2:53:36	1:53:17	14	5	1
88	88	56	LIAM CROSSEY	M	SEN	BRITISH MILITARY FITNESS	2:54:16	2:53:58	1:44:44	74	39	1
89	89	88	JAMES FAIRFIELD	M	V45	EAST CHESHIRE HARRIERS	2:54:34	2:54:31	1:47:51	75	14	2
90	90	75	SARAH DONOHOE	F	SEN	MANCHESTER YMCA HARRIERS	2:54:45	2:54:38	1:50:59	15	6	1
91	91	227	CLAIRE RICHARDSON	F	SEN	WARRINGTON RUNNING CLUB	2:55:08	2:54:54	1:49:57	16	7	4
92	92	123	ANDREW HAUGHTON	M	V40	HYDE VILLAGE STRIDERS	2:55:26	2:55:16	1:46:35	76	16	5
93	93	155	ALAN LAMB	M	V45	DRAGONS RUNNING CLUB (SALE)	2:55:35	2:55:22	1:50:55	77	15	1
94	95	242	ALISSA SHARMA	F	SEN	ROUNDHAY RUNNERS	2:56:23	2:56:15	1:51:44	17	8	1
95	94	264	ALISTAIR TANNER	M	V40	FETCH EVERYONE	2:56:35	2:56:11	1:50:54	78	17	1
96	96	58	DAVID CULPAN	M	V50	STAINLAND LIONS	2:56:42	2:56:21	1:51:42	79	7	3
97	97	30	MARGARET BULLOCK	F	V50	ALTRINCHAM AND DISTRICT ATHLETICS CLUB	2:56:57	2:56:50	1:50:57	18	4	1
98	98	250	COLIN SMITH	M	V55	BURY AC	2:56:58	2:56:52	1:47:28	80	2	3

99	99	173	RACHEL MASKELL	F	SEN	U/A	2:57:55	2:57:48	1:50:58	19	9	
100	100	184	SAMANTHA MILLNS	F	V45	HYDE VILLAGE STRIDERS	2:58:17	2:57:59	1:55:45	20	3	1
101	101	241	DOMINIC SEXTON	M	V50	HYDE VILLAGE STRIDERS	2:58:19	2:58:00	1:56:06	81	8	6
102	102	274	JOE TROOP	M	SEN	U/A	2:59:13	2:58:57	1:46:46	82	40	
103	103	294	GARY WHITELEY	M	V45	SWINTON RUNNING CLUB	2:59:26	2:58:59	1:51:43	83	16	6
104	105	207	GEMMA OWEN	F	SEN	WESHAM ROAD RUNNERS	2:59:34	2:59:17	1:53:42	21	10	1
105	104	278	CHLOE VENABLES	F	SEN	U/A	2:59:38	2:59:16	1:53:42	22	11	
106	106	201	KIRSTIE NOBLE	F	V40	U/A	2:59:46	2:59:33	1:53:42	23	5	
107	107	303	PAUL WOOLLEY	M	V45	HYDE VILLAGE STRIDERS	3:00:25	3:00:02	1:58:39	84	17	7
108	108	137	BEN HORLEY	M	V45	U/A	3:00:30	3:00:22	1:55:33	85	18	
109	109	10	ADRIAN BARKER	M	V45	HYDE VILLAGE STRIDERS	3:00:45	3:00:39	1:55:45	86	19	8
110	110	163	NICOLA LLOYD	F	SEN	BRAMHALL RUNNERS	3:00:56	3:00:49	1:52:23	24	12	1
111	111	83	BRYN EVANS	M	SEN	U/A	3:01:30	3:01:24	1:44:56	87	41	
112	112	135	STACEY HOLT	F	SEN	HYDE VILLAGE STRIDERS	3:01:42	3:01:36	1:56:06	25	13	2
113	114	59	LEE CUNNINGHAM	M	V40	LIVERPOOL RUNNING CLUB	3:01:56	3:01:54	1:48:17	88	18	1
114	113	236	ANDY SAYERS	M	SEN	U/A	3:02:27	3:01:53	1:54:07	89	42	
115	116	215	SIMON PHILLIPS	M	V45	U/A	3:02:29	3:02:08	1:56:31	90	20	
116	115	47	REBECCA COLLIER	F	SEN	LINCOLN WELLINGTON ATHLETICS CLUB	3:02:31	3:02:06	1:52:25	26	14	1
117	117	8	LORNA BALMER	F	V45	TRAWDEN ATHLETIC CLUB	3:02:38	3:02:34	1:52:42	27	4	1
118	118	258	KATRINA STEPHENS	F	SEN	MARPLE RUNNERS	3:02:50	3:02:41	1:53:55	28	15	2
119	119	71	CRAIG DENNEN	M	V45	WIDNES RUNNING CLUB	3:02:53	3:02:42	1:54:44	91	21	3
120	120	86	WESLEY EVANS	M	SEN	CHORLTON RUNNERS	3:03:12	3:02:44	1:51:20	92	43	1
121	121	263	DEBBIE SWANEPOEL	F	SEN	STOCKPORT HARRIERS	3:03:16	3:02:56		29	16	2
122	122	100	RACH GARNER	F	V45	PRESTWICH AC	3:03:30	3:03:14	1:56:07	30	5	1
123	124	122	SAMANTHA HARTLEY	F	SEN	HYDE VILLAGE STRIDERS	3:03:34	3:03:18	1:56:18	31	17	3
124	123	109	MIKE GRIMSHAW	M	V45	MIDDLETON HARRIERS	3:03:43	3:03:16	1:53:43	93	22	1
125	125	144	YVETTE JEAL	F	V45	SWINTON RUNNING CLUB	3:03:52	3:03:41	1:56:06	32	6	2
126	126	74	JOHN PAUL DOLAN	M	SEN	U/A	3:04:13	3:03:50	1:52:29	94	44	
127	127	251	JEN SMITH	F	SEN	U/A	3:04:49	3:04:25	1:56:28	33	18	
128	129	189	SCOTT MONTGOMERY	M	SEN	PENNY LANE STRIDERS	3:05:17	3:05:14	1:47:54	95	45	3
129	128	26	JOHN BOOTH	M	V60	SOUTH CHESHIRE HARRIERS	3:05:21	3:05:14	1:53:19	96	1	1
130	131	41	ANN CHIVERS	F	SEN	ROUNDHAY RUNNERS	3:05:24	3:05:24	1:54:23	34	19	2
131	130	1	ANDREW AINGE	M	V45	LEEDS & BRADFORD TRIATHLON	3:05:25	3:05:17	3:05:24	97	23	1

132	135	125	JOANNE HEALY	F	V40	DRAGONS RUNNING CLUB (SALE)	3:07:34	3:07:24	1:56:34	35	6	1
133	132	243	HANNAH SHARMA	F	SEN	ROUNDHAY RUNNERS	3:07:37	3:07:09	1:59:44	36	20	3
134	136	95	LUCY FOSTER	F	SEN	DRAGONS RUNNING CLUB (SALE)	3:07:37	3:07:27		37	21	2
135	137	102	DARREN GILLMAN	M	V45	CAMBRIDGE & COLERIDGE AC	3:07:38	3:07:32		98	24	1
136	134	196	TRACY MOTT	F	V40	STAINLAND LIONS	3:07:39	3:07:17	1:56:33	38	7	1
137	133	206	REBECCA O'NEILL	F	V40	STAINLAND LIONS	3:07:39	3:07:17	1:56:33	39	8	2
138	138	179	ELLEN MCLACHLAN	F	SEN	BLACKPOOL, WYRE AND FYLDE AC	3:07:58	3:07:40	1:59:03	40	22	1
139	139	198	GEORGE MURPHY	M	SEN	BEDFORD HARRIERS	3:08:08	3:07:46	1:57:02	99	46	1
140	140	104	MARK GODDEN	M	V60	MACCLESFIELD HARRIERS & AC	3:08:14	3:07:51	1:56:47	100	2	1
141	141	148	KATIE KAY	F	SEN	HYDE VILLAGE STRIDERS	3:09:26	3:09:02	1:59:27	41	23	4
142	142	290	JAMES WHALLEY	M	V45	HYDE VILLAGE STRIDERS	3:09:28	3:09:02	1:59:27	101	25	9
143	143	61	SALLY CUSWORTH	F	V45	U/A	3:09:35	3:09:29	1:59:09	42	7	
144	144	37	JENNY CHAPMAN	F	V50	HYDE VILLAGE STRIDERS	3:09:47	3:09:29	1:57:58	43	5	5
145	145	202	CHRISTOPHER OAKEY	M	SEN	U/A	3:10:01	3:09:48	1:59:36	102	47	
146	148	69	JAMES DEIGHTON	M	V40	MARPLE RUNNERS	3:10:12	3:10:09	1:58:55	103	19	3
147	147	261	SARAH STUTCHFIELD	F	V40	MARPLE RUNNERS	3:10:12	3:10:09	1:58:55	44	9	3
148	146	40	NICOLA CHILES	F	V45	U/A	3:10:15	3:09:55	1:59:35	45	8	
149	149	276	WILLIAM TURRIFF	M	V40	U/A	3:10:17	3:10:11	1:55:36	104	20	
150	150	212	MARTIN PEARN	M	V45	VEGAN RUNNERS UK	3:11:09	3:10:57	1:58:44	105	26	5
151	152	54	HELEN CROFT	F	V40	POYNTON RUNNERS	3:11:29	3:11:22	2:00:41	46	10	2
152	151	273	RACHEL TOMALIN	F	SEN	U/A	3:11:44	3:11:17	1:59:08	47	24	
153	153	133	KIRSTY HOLLAND	F	SEN	BLACKPOOL, WYRE AND FYLDE AC	3:12:15	3:11:57	1:59:06	48	25	2
154	154	19	CLAIRE BISHOP	F	SEN	SOLIHULL TRIATHLON CLUB	3:12:19	3:12:06	1:58:56	49	26	1
155	155	161	LAURENCE LENNON	M	V55	ABBAY RUNNERS	3:13:19	3:13:11	1:54:23	106	3	1
156	156	87	MICHELLE FAIRCLOUGH	F	V40	ASTLEY AND TYLDESLEY ROAD RUNNERS	3:13:24	3:13:14	1:58:56	50	11	2
157	157	48	KRIS CONVERY	M	SEN	U/A	3:13:54	3:13:21	2:02:04	107	48	
158	158	222	PAUL QUINE	M	SEN	U/A	3:14:19	3:13:52	1:49:42	108	49	
159	160	121	TONY HART	M	V50	OLDHAM AND ROYTON HARRIERS	3:14:27	3:14:20	1:49:03	109	9	1
160	159	90	DEBBIE FALLON	F	V50	PRESTWICH AC	3:14:30	3:14:16	2:03:54	51	6	2
161	161	232	SUSAN ROBERTS	F	V40	U/A	3:14:43	3:14:32	1:58:02	52	12	
162	162	246	CORNEL SIMONS	M	V45	VEGAN RUNNERS UK	3:14:53	3:14:46	1:49:44	110	27	6
163	163	230	IAN ROBERTS	M	V50	U/A	3:15:10	3:14:58	1:56:44	111	10	
164	164	68	JOANNA DEGISI	F	SEN	VEGAN RUNNERS UK	3:15:15	3:15:04	2:01:44	53	27	1

165	166	160	ANDREA LEES	F	V40	U/A	3:17:07	3:17:00	2:00:41	54	13		
166	165	11	LAURIE BARNES	M	V40	U/A	3:17:11	3:16:41	1:57:45		112	21	
167	167	73	EILISH DISTEFANO	F	V45	PRESTWICH AC	3:17:28	3:17:12	2:03:55	55	9	3	
168	168	134	KEELEY HOLMES	F	V40	U/A	3:17:30	3:17:15	2:03:55	56	14		
169	169	120	ANGIE HART	F	V40	OLDHAM AND ROYTON HARRIERS	3:17:43	3:17:37	2:03:29	57	15	2	
170	170	307	FRAN PEARSON	F	SEN	TRAWDEN ATHLETIC CLUB	3:17:57	3:17:50	2:06:01	58	28	2	
171	171	219	HILARY PRICE	F	V45	WIDNES RUNNING CLUB	3:18:12	3:18:01	2:01:38	59	10	1	
172	172	248	AMANDA SMITH	F	V45	WIGAN PHOENIX	3:18:53	3:18:43	2:03:05	60	11	1	
173	173	116	ANGELA HANILY	F	V45	PRESTWICH AC	3:19:02	3:18:48	2:03:53	61	12	4	
174	174	147	MICHAEL KANE	M	V45	U/A	3:19:31	3:19:06	2:05:02		113	28	
175	175	254	PAUL SPENCE	M	V50	DAVENPORT RUNNERS	3:19:42	3:19:31	1:59:17		114	11	2
176	176	18	NATALIE BIRKETT	F	SEN	U/A	3:20:01	3:19:50	2:01:16	62	29		
177	177	299	LINDA WILSON	F	SEN	SWINTON RUNNING CLUB	3:20:30	3:20:19	2:04:40	63	30	3	
178	178	101	PAUL GILBERTSON	M	V40	LIVERPOOL RUNNING CLUB	3:21:07	3:20:33	1:59:43		115	22	2
179	179	213	MICHAEL PEARSON	M	V45	SWINTON RUNNING CLUB	3:21:34	3:21:25	1:59:22		116	29	7
180	180	152	HELEN KILGANNON	F	SEN	U/A	3:22:05	3:21:54	2:05:12	64	31		
181	181	305	CATHERINE WORSLEY	F	V40	ASTLEY AND TYLDESLEY ROAD RUNNERS	3:22:39	3:22:14	2:08:14	65	16	3	
182	182	113	JONATHAN HALL	M	V45	ASTLEY AND TYLDESLEY ROAD RUNNERS	3:22:39	3:22:15	2:08:14		117	30	2
183	183	21	MONICA BOLAND	F	V45	SADDLEWORTH RUNNERS	3:23:15	3:23:11	2:07:29	66	13	1	
184	184	292	GARY WHITE	M	V40	U/A	3:23:42	3:23:16	2:08:48		118	23	
185	185	237	JESSICA SCOTT	F	SEN	U/A	3:23:42	3:23:20	2:08:48	67	32		
186	186	126	NICK HEATON	M	V45	BRAMHALL RUNNERS	3:23:52	3:23:31	2:07:30		119	31	2
187	187	221	CARL PRINCE	M	V45	CHORLEY ATHLETICS AND TRIATHLON	3:24:14	3:23:46	2:02:02		120	32	1
188	189	164	LINZI LLOYD-HENRY	F	V50	PRESTWICH AC	3:24:40	3:24:26	2:04:09	68	7	5	
189	188	312	JASON REILLY	M	V40	U/A	3:24:48	3:24:17	2:05:52		121	24	
190	191	115	JULIE HAMILTON	F	SEN	SWINTON RUNNING CLUB	3:25:10	3:25:00	1:59:22	69	33	4	
191	190	231	SHAREN ROBERTS	F	V40	SWINTON RUNNING CLUB	3:25:11	3:24:59	2:01:51	70	17	5	
192	192	77	ANDREW DUCKWORTH	M	V40	STYAL RUNNING CLUB	3:25:56	3:25:32	2:07:38		122	25	1
193	193	16	SUSAN BIRCH	F	V40	GREENFIELD GREYHOUNDS	3:26:27	3:26:14	2:08:16	71	18	1	
194	194	98	DONNA GARDNER	F	SEN	OLDHAM AND ROYTON HARRIERS	3:26:28	3:26:14	2:08:15	72	34	3	
195	195	51	POLLY COULSON	F	SEN	U/A	3:26:52	3:26:25	2:09:51	73	35		
196	196	67	PAUL DEARDEN	M	SEN	U/A	3:27:02	3:26:59	1:55:35		123	50	
197	197	9	TERESA BANKS	F	V40	SWINTON RUNNING CLUB	3:28:17	3:28:06	2:07:34	74	19	6	

198	198	187	SARAH MILLS	F	SEN	SWINTON RUNNING CLUB	3:28:17	3:28:07		75	36	7
199	199	288	JOANNE WELLS	F	V40	PRESTWICH AC	3:28:22	3:28:10	2:07:26	76	20	6
200	201	112	CLAIRE GUEST	F	SEN	STAINLAND LIONS	3:28:34	3:28:12	2:08:31	77	37	3
201	200	89	ANDREW FALKINGBRIDGE	M	V45	STAINLAND LIONS	3:28:34	3:28:10	2:08:52	124	33	4
202	202	28	VICTORIA BRIDES	F	SEN	HORSFORTH HARRIERS	3:28:57	3:28:48	2:09:14	78	38	1
203	203	97	MANDY FRANKLAND	F	SEN	U/A	3:29:09	3:28:55	2:09:51	79	39	
204	204	27	JENNIFER BREAREY	F	V45	U/A	3:29:38	3:29:19	2:04:59	80	14	
205	205	171	ISOBEL MANN	F	SEN	HYDE VILLAGE STRIDERS	3:29:54	3:29:37	2:09:01	81	40	6
206	206	172	JOANNE MARTIN	F	SEN	U/A	3:29:55	3:29:39	2:09:01	82	41	
207	207	282	KATE WAKEFIELD	F	V55	WARRINGTON RUNNING CLUB	3:31:00	3:30:43		83	1	5
208	208	192	MICHALA MORTON	F	V40	U/A	3:31:21	3:31:00	2:08:20	84	21	
209	209	208	CHRIS PAKNIK	M	SEN	U/A	3:31:48	3:31:31	2:03:38	125	51	
210	210	240	HANNAH SELLARS	F	SEN	EAST CHESHIRE HARRIERS	3:32:27	3:32:06	2:11:56	85	42	1
211	213	284	DAVID WARD	M	SEN	DAVENPORT RUNNERS	3:33:23	3:33:15	2:03:41	126	52	3
212	212	85	JACQUELINE EVANS	F	SEN	DAVENPORT RUNNERS	3:33:23	3:33:14	2:03:41	86	43	1
213	211	301	SALLY WOOD	F	V40	ROYTON ROAD RUNNERS	3:33:23	3:33:02	2:10:49	87	22	1
214	214	178	WENDY MCDUGALD	F	V40	U/A	3:33:51	3:33:34	2:09:52	88	23	
215	215	57	ROB CROWTHER	M	V40	U/A	3:34:11	3:33:57	2:08:25	127	26	
216	217	209	ALISON PALLISTER	F	V40	U/A	3:34:45	3:34:18	2:15:45	89	24	
217	216	210	CALUM PALLISTER	M	V40	U/A	3:34:45	3:34:18	2:15:45	128	27	
218	218	140	TOM HUGHES	M	SEN	BRITISH MILITARY FITNESS	3:35:27	3:35:09	2:13:19	129	53	2
219	219	149	STEPHANIE KAY	F	SEN	SWINTON RUNNING CLUB	3:35:54	3:35:41	2:14:18	90	44	8
220	221	245	BARBARA SHUTTLEWORTH	F	V55	U/A	3:37:52	3:37:33	2:14:19	91	2	
221	220	91	MARK FEARNLEY	M	V50	U/A	3:37:52	3:37:31	2:12:48	130	12	
222	222	38	KAREN CHARTERS	F	V40	U/A	3:38:20	3:38:00	2:12:48	92	25	
223	223	268	JULIE THOMPSON	F	V50	U/A	3:39:50	3:39:25	2:19:59	93	8	
224	224	272	CANDICE TIMPERLEY	F	SEN	U/A	3:43:22	3:42:48	2:20:50	94	45	
225	225	143	KATE JAYDEN	F	SEN	U/A	3:46:36	3:46:14	2:24:43	95	46	
226	226	217	KAREN PLATT	F	V40	U/A	3:47:47	3:47:13	2:20:49	96	26	
227	228	175	ROBERT MASSEY	M	V65	BLACKPOOL, WYRE AND FYLDE AC	3:48:15	3:47:57	2:20:09	131	1	1
228	227	131	MICHAEL HOGAN	M	V45	U/A	3:48:18	3:47:47	2:23:37	132	34	
229	229	279	JOAO VENES	M	SEN	MANCHESTER ROAD RUNNERS	3:54:19	3:54:13	2:11:53	133	54	1
230	230	168	ANNE LOWE	F	SEN	MIDDLETON HARRIERS	3:56:02	3:55:35	2:22:08	97	47	1

231	231	12	SALLY BEAN	F	SEN	U/A	4:00:38	4:00:08	2:35:27	98	48	
232	232	287	ABIGAIL WEBB	F	SEN	U/A	4:01:55	4:01:37	2:35:26	99	49	
233	233	82	JENNY ENTWISTLE	F	SEN	U/A	4:04:22	4:03:50	2:31:49	100	50	
234	234	280	ALEX WADDINGTON	F	SEN	U/A	4:06:39	4:06:22	2:29:25	101	51	
235	235	188	SARAH MILLS	F	V40	U/A	4:06:40	4:06:24	2:29:25	102	27	
236	236	185	NIKKI MILLS	F	V40	OLDHAM AND ROYTON HARRIERS	4:06:52	4:06:34	2:35:25	103	28	4
237	238	285	MANDY WARMBOLD	F	V45	OLDHAM AND ROYTON HARRIERS	4:06:53	4:06:36	2:35:27	104	15	5
238	237	300	BEV WINNARD	F	V40	OLDHAM AND ROYTON HARRIERS	4:06:53	4:06:35	2:35:26	105	29	6
239	239	255	BRENDA SPOTSWOOD	F	V40	SWINTON RUNNING CLUB	4:07:28	4:06:59	2:27:43	106	30	9
240	240	302	CAROLINE WOODS-PEEL	F	V40	STEEL CITY STRIDERS	4:10:41	4:10:11	2:31:59	107	31	1
241	242	2	BETH ANDREWS	F	SEN	WIDNES WASPS LADIES RUNNING CLUB	4:12:38	4:12:24	2:34:40	108	52	1
242	241	3	CHRIS ANDREWS	M	SEN	U/A	4:12:38	4:12:24	2:34:41	134	55	
243	243	271	CLAIRE TIMMS	F	V40	ROYTON ROAD RUNNERS	4:13:44	4:13:24	2:29:38	109	32	2
244	245	45	LAURA COLCLOUGH	F	V45	U/A	4:14:41	4:14:08	2:27:27	110	16	
245	244	298	ALEX WILSON	F	V40	U/A	4:14:41	4:14:08	2:27:31	111	33	
246	246	200	NIPARUN NESSA	F	SEN	ROYTON ROAD RUNNERS	4:18:14	4:17:53	2:29:40	112	53	3
247	247	136	CHERYL HONEYBOURNE	F	V40	SWINTON RUNNING CLUB	4:22:27	4:21:58	2:36:21	113	34	10
248	248	262	KAREN STUTTARD	F	V50	OLDHAM AND ROYTON HARRIERS	4:23:30	4:23:13	2:41:56	114	9	7
249	249	4	JANET APPELYARD	F	V60	OLDHAM AND ROYTON HARRIERS	4:28:53	4:28:36	2:42:12	115	1	8
250	251	293	REBECCA WHITEHOUSE	F	SEN	HYDE VILLAGE STRIDERS	4:48:01	4:47:30	2:49:06	116	54	7
251	250	211	SHELLEY PASCOE	F	SEN	HYDE VILLAGE STRIDERS	4:48:01	4:47:30	2:48:57	117	55	8
DNF		311	MICHAEL CROFT	M	SEN	U/A			1:44:59			
DNF		249	BEN SMITH	M	SEN	U/A			1:56:17			
DNF		205	MARK OLIVER	M	V50	OLDHAM AND ROYTON HARRIERS			2:01:23			
DNF		197	PAUL MULDOON	M	SEN	WINSTON RUNNERS			2:01:40			
DNF		270	LOUISE THOMSON	F	SEN	U/A			2:04:31			
DNF		297	PETE WILLIAMS	M	V60	OLDHAM AND ROYTON HARRIERS			2:04:42			
DNF		132	SAMANTHA HOGG	F	SEN	U/A			2:18:07			
DNF		203	SIMON O'BRIEN	M	V40	LIVERPOOL RUNNING CLUB			2:32:24			
DNF		114	MELESSA HALL	F	SEN	OLDHAM AND ROYTON HARRIERS			2:37:30			
DNF		72	ALISON DEYKIN	F	V45	MARPLE RUNNERS						
DNF		169	JULIE LUCKMAN	F	V45	ROCHDALE TRI CLUB						
DNF		174	MIKE MASON	M	V50	HYDE VILLAGE STRIDERS						



DNF	151	MELANIE KERSHAW	F	V45	OLDHAM AND ROYTON HARRIERS
DNF	22	DANIEL BOLTON	M	SEN	U/A
DNF	256	ED STACEY	M	V65	SADDLEWORTH RUNNERS